

COHOES SEPTEMBER 2021 Class Schedule



Alpha Pregnancy[™]
care center

159B Remsen St. Cohoes, NY 12047

Phone: (518)279-7673

www.alphacare.org

Center Director: Gwenndolynn Thompson Chappell

Email: gwenn@alphacare.org

HOURS:

Mon: 8:30am-1:30pm

Tues: 8:30am-1:30pm

Wed: Closed

Thurs: 8:30am-1:30pm

Friday: 8:30am-1:30pm

Cohoes September 2021

Parenting Class Schedule

Monday

PARENTING CLASS 6pm-7pm

- Sept 6- Closed
- Sept 13- Creating Kindness
- Sept 20- Toddler Nutrition
- Sept 27- Bonding with your Toddler

Tuesday

CHILDBIRTH CLASS 10am-11am

- Sept 7- Breastfeeding
- Sept 14- Stages of Labor
- Sept 21- Babycare Basics
- Sept 28- Nutrition in Pregnancy

NEW MOM AND DADS CLASS 11:30-12:30pm

- Sept 7-Childhood Nutrition - Birth to Age 1
- Sept 14-Mommy Work
- Sept 21-Age Appropriate Play 1-2 years
- Sept 28-First Years Last Forever

PARENTING CLASS 12:00-1:00 pm

- Sept 7- Anger Management
- Sept 14- Sleeping, Bedtime, and Mornings
- Sept 21- Childhood Immunizations
- Sept 28- Discipline for Toddlers

Wednesday

Closed

Thursday

CHILDBIRTH PREP 9:30-10:30am

- Sept 2- Training your Birth Coach
- Sept 9-Infant CPR
- Sept 16- Postpartum Depression
- Sept 23- Labor Expectations
- Sept 30- Your first Trimester

MOM'S/DAD'S SUPPORT GROUP 12pm-1pm

Friday

BIBLE STUDY in house by appointment only.

Stork Room shopping by appointment ONLY



All of our programs are free and confidential.

We offer: Free Walk-in Pregnancy tests, Childbirth Classes, Parenting Classes, Bible Studies, Mom's Groups and Counseling. Our program allows families to earn diapers, clothing, baby furniture, baby gear and more.